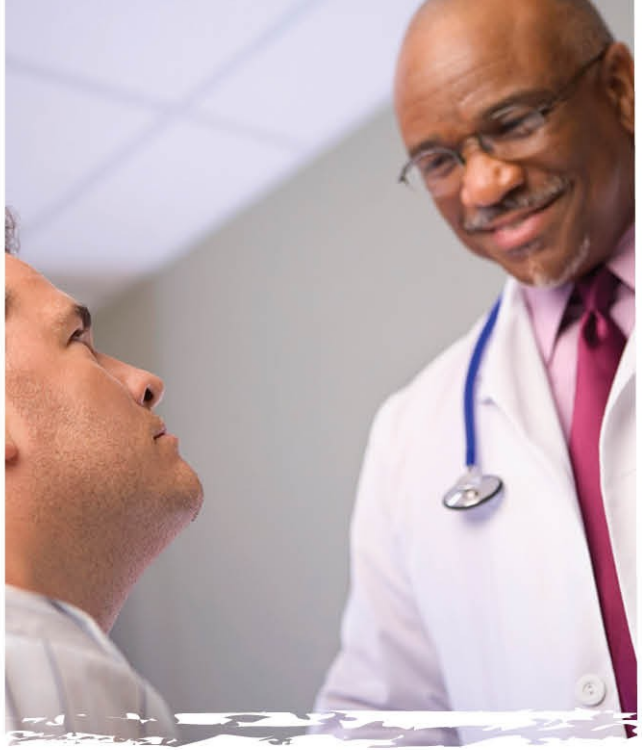


Reproductive and Sexual Health

HIV in the DoN

June 2016

WWW.MED.NAVY.MIL/SITES/NMCPHC/HEALTH-PROMOTION/PAGES/DEFAULT.ASPX

- Note to facilitator: consider showing your audience the NMCPHC film “HIV and Me” or “HIV Prevention” prior to using this PowerPoint slide set.
- Get the films here:
  - http://www.med.navy.mil/sites/nmcphc/health-promotion/reproductive-sexual-health/Pages/hiv-prevention-resources.aspx

Overview

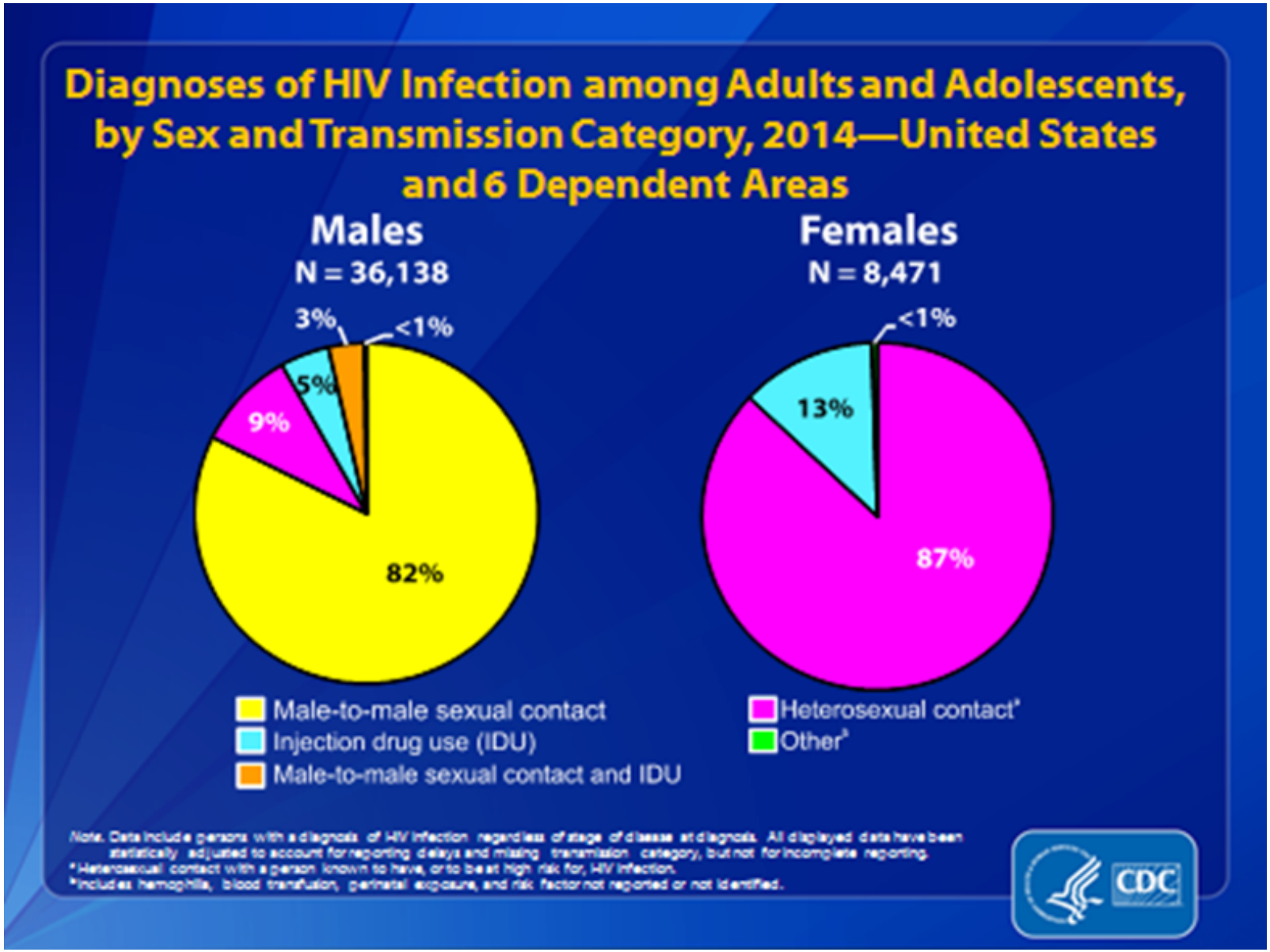
- Who is at Risk of Getting HIV?
- How Is HIV Transmitted?
- How Will HIV Affect My Life?
- How Can I Avoid Getting HIV?

Human Immunodeficiency Virus (HIV) is the virus that causes Acquired Immune Deficiency Syndrome (AIDS)

- No cure
- No vaccine
- 1 million Americans are living with it
- 200,000 don’t know they have it
- 50,000 Americans are newly infected each year

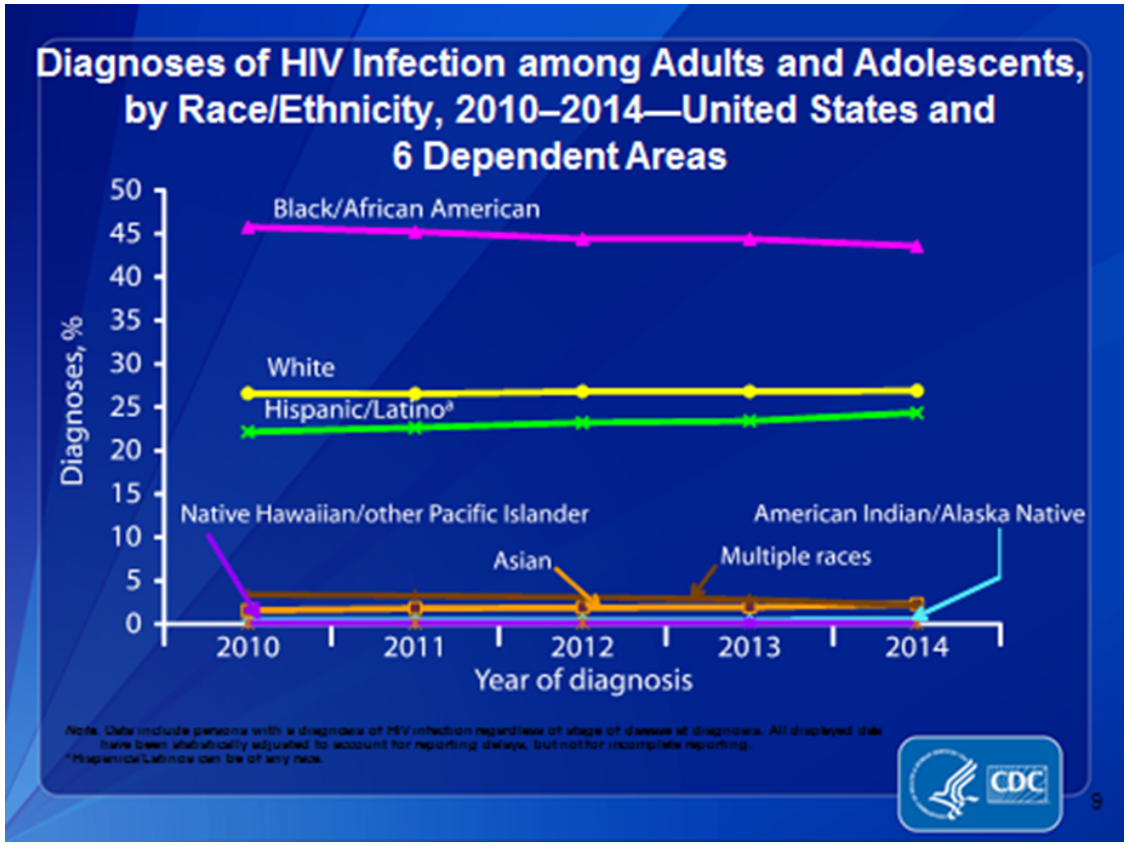
Who is at Risk of Getting HIV?

- *Anyone exposed to the virus can become infected*
- Among men in the U.S. in 2014:
  - 9% got HIV from sex with a woman
  - 82% got HIV from sex with a man\
- Men who have sex with men are much more likely to get HIV than are men who have sex with women because:
    - anal sex is very risky
    - as many as 1 in 5 men who have sex with men in the U.S. are living with HIV
- Among women, 87% got HIV from sex with a man


Diagnoses of HIV Infection among Adults and Adolescents, by Sex and Transmission Category, 2014—United States and 6 Dependent Areas
Males
N = 36,138
3%
<1%
5%
9%
82%
Females
N = 8,471
<1%
13%
87%
Male-to-male sexual contact
Injection drug use (IDU)
Male-to-male sexual contact and IDU
Heterosexual contact*
Other†
Note. Data include persons with a diagnosis of HIV infection regardless of stage of disease at diagnosis. All displayed data have been statistically adjusted to account for reporting delays and missing transmission category, but not for incomplete reporting.
*Heterosexual contact with a person known to have, or to be at high risk for, HIV infection.
†Includes hemophilia, blood transfusion, perinatal exposure, and risk factor not reported or not identified.
CDC

Who is at Risk of Getting HIV?

- In the U.S., black men and women become infected with HIV at higher rates compared to white and Hispanic men and women, probably because their sexual partners are more likely to be infected.



Who is at Risk of Getting HIV?

- Since 1985, nearly 6,000 **active duty Sailors & Marines** have been infected with HIV
  - 85-100 newly infected each year
  - Every 4 days, another is diagnosed with HIV
  - 500 HIV positive members are currently on active duty

Every 4 days...
another sailor gets HIV
...since 1985,
over 4,700
active duty sailors
have been infected
with HIV...
...enough to man
an aircraft carrier
Navy photo by MCS3 Jacob D. Moore/Released
The most common way HIV is spread is through sex.
You can't tell for sure if a person has HIV just by looking or asking.
You can avoid HIV by having no sex, or delaying sex until later in life.
You can avoid HIV by having sex with only one, faithful, HIV-free partner.
You can greatly reduce risk by using a condom every time you have sex.
Protect yourself from HIV. We need you.
Learn more - http://www.nmcphc.med.navy.mil/healthyliving/sexual_health

Who is at Risk of Getting HIV?

- Anyone who has sex with or shares needles with a person who has HIV can get HIV
- Officer and Enlisted Sailors and Marines have become infected regardless of their gender, sexual orientation and ethnicity
- In the U.S. in recent years, 1 of 5 people who was newly infected with HIV is a woman
  - Active duty female Sailors and Marines get HIV, but this happens at lower rates than in the US population

Who is at Risk of Getting HIV?

Some people assume sex with a Sailor or Marine is "safe" because Sailors and Marines are tested regularly for HIV.

But this is a *myth* because although active duty members are tested every other year,

- Testing does not protect a person from getting HIV and …
- Sailors and Marines who get HIV may remain on active duty

How Is HIV Transmitted?

- Semen
- Vaginal fluid
- Rectal (anal) mucous
- Breast milk

How Is HIV Transmitted?

Modes of Transmission in U.S.	
Most Common	**Less Common**
#1 = sex without condoms	**Blood transfusions in the U.S.**
Sharing needles	**During birth or breast feeding**

How Risky for HIV?

Receptive anal sex — Highest Risk

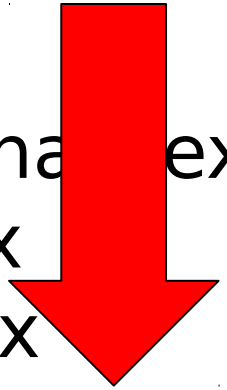
Receptive vaginal sex

Insertive anal sex

Insertive vaginal sex

Receptive oral sex*

Insertive oral sex* — Some Risk



* HIV transmission via oral sex is theoretically possible but rare, although many other infections may be transmitted that way.

How Is HIV Transmitted?

- HIV is NOT transmitted through saliva, tears, hugs, handshakes or on the surfaces of inanimate objects like tools, telephones, toilet seats, etc.

- HIV is NOT transmitted through food, water or insects

How Might HIV Affect My Life?

- Health…
  - On HIV medications daily for life.

"I don't feel like doing anything. . .because I'm so fatigued from these meds that they give me."

— HIV-positive Sailor

How Might HIV Affect My Life?

- Relationships...
- You *must*:
  - Inform past and current sex partners about your HIV status so they may be tested
  - Inform any potential new sex partner about your HIV status *before* intimacy
  - Use a condom, abstain from sex or ensure your

"I haven't told my family yet because I just don't want to worry them. My folks are old, and they don't need to worry about this right now. I know that this would be very disappointing to them." — HIV-positive Sailor

"HIV has affected my personal relationships in a really big way. Where I was able to date freely before, you know, go out and just meet people and not have any secrets to tell them, now it feels like a big secret."

— HIV-positive Sailor

How Will HIV Affect My Life?

- Career…
  - Usually assigned only to non-deployable billet
  - Usually only CONUS or Hawaii
  - No commissioning opportunities

"Prior to me finding out about my HIV status I was in pursuit of a commissioning program. My HIV status now disqualifies me from becoming a commissioned officer. So that was pretty hard because that was my ultimate goal, coming into the Navy." — HIV-positive Sailor

How Can I Avoid Getting HIV?

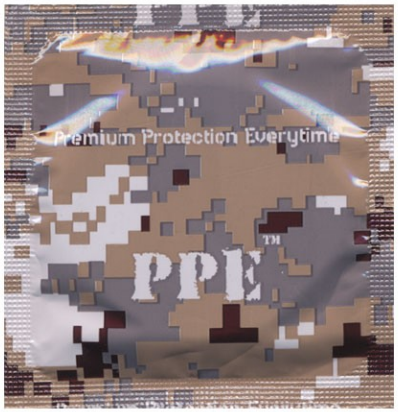
- You can show affection without having sex
  - Delay sex until another time in life
  - Outer-course rather than Intercourse
    - Outer-course is anything that is non-penetrative
    - For example: hugging, kissing, massage, holding hands, love letters, phone calls
    - Outer-course is much safer than intercourse

How Can I Avoid Getting HIV?

- Long-term, mutual monogamy
  - Some people have monogamous relationships with every person they date; but their relationships are short term
    - These people may think they are “safe,” but they may not be
    - Many short-term relationships involving sex without condoms, even if they are monogamous, means exposure to many people over time
  - Don’t make the mistake that so many couples do and use a condom only the first time and then stop because “you’re a couple now.”

How Can I Reduce My Risk of Getting HIV?

- Use condoms correctly and every time
  - always have condoms readily available, and
  - use a condom correctly every time you have sex.
- Condoms require some advance planning.
- Male or female, if you are sexually active, have condoms with you where and where you might need them



How Can I Reduce My Risk of Getting HIV?

- Correct condom use means…
  - Use a new condom for each act of vaginal, anal, or oral intercourse
  - Put the condom on *before* penetration
  - Unroll the condom by pinching the tip of the condom to create space at the tip
  - Do NOT use oil-based lubes like Vaseline or baby oil with latex condoms
  - After ejaculation, hold the condom firmly at the base of the penis and withdraw while erect

How Can I Reduce My Risk of Getting HIV?

- In addition to using a condom, reduce risk by:
  - Have sex with fewer people
  - Take HIV medicine each day (PrEP)
  - Ask for HIV medicine after an exposure (PEP)
  - Avoiding high-risk partners
    - people who accept money for sex
    - People who may have had multiple partners
  - Avoid highest risk sex acts
    - Riskiest is unprotected receptive anal sex

About PEP

- HIV Post-exposure prophylaxis (PEP)
- Pills taken each day for 28 days after an exposure
- Must be started with 72 hours of the exposure
- For people at substantial risk for HIV
- Can decrease HIV risk by 85%
- Ask your doctor

About PrEP

- HIV Pre-exposure prophylaxis (PrEP)
- One pill taken each day (Truvada)
- For people at substantial risk for HIV
- Can decrease HIV risk by 90%
- Can use until HIV risk/circumstances change
- Ask your doctor

Review of Risk Reduction Options

- You can eliminate HIV risk:
  - Delay sex until another time in your life
  - Have outer-course rather than intercourse
  - Practice monogamy with an uninfected partner / be faithful

- You can reduce HIV risk:
  - Use a condom every time
  - Have sex with fewer people
  - Don’t trade money for sex
  - Avoid sex with people who may have had many other sex partners
  - Avoid high risk sex acts
  - Use PrEP / PEP
  - Stay sober and in control

Summary

- Who is at Risk of Gettin
- How Is HIV Transmitted
- How Will HIV Affect My
- How Can I Avoid Getting

HIV happens...
don't let it happen to you.
Each year, over 50,000 Americans get HIV,
including about 100 sailors and marines.
Abstinence and mutual monogamy can eliminate your risk.
Condoms - worn every time - can greatly reduce your risk.
Protect yourself.
To learn more, visit http://www-nmcphc.med.navy.mil/healthyliving

Thank you for helping our people to ‘chart a safe course’

Navy and Marine Corps Public Health Center
Sexual Health and Responsibility Program (SHARP)
620 John Paul Jones Circle, Suite 1100
Portsmouth VA 23708

web:

http://www.med.navy.mil/sites/nmcphc/health-promotion/reproductive-sexual-health/Pages/reproductive-and-sexual-health.aspx

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